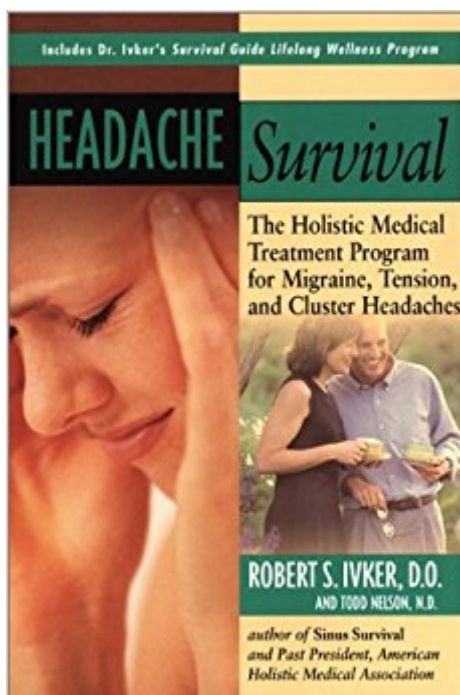


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# Headache Survival PA



## Synopsis

Too often, we dismiss the headache as a "minor" ailment, one for which the phrase "take two aspirin and call me in the morning" was created. But for millions, migraine, tension, and cluster headaches are debilitating conditions. In the latest of his "survival guides" modeled after Sinus Survival, Robert S. Ivker, D.O., provides relief from this misunderstood affliction. This book contains all the elements of the previous "survival guides" and these special features: \* the Headache Quick-Fix \* the causes of migraine, tension, and cluster headaches \* a Migraine Disability Assessment (or "Midas") questionnaire \* resources for sufferers.

## Book Information

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## Customer Reviews

Ivker and Nelson describe the three main types of headaches, their diagnosis, and their treatment, then discuss the holistic approach and suggest various tests for headache sufferers. The major one of those, the Thriving Test, explores many aspects of one's life. Ivker and Nelson devote three chapters to delving at length into the healing of body, mind, and spirit. Healing the body consists largely of healthy eating, and they accordingly recommend things to eat and things to avoid eating, the latter of which they designate the Sickening Six--to wit, unhealthy fats, sugar, refined carbohydrates, alcohol, caffeine, and salt. They specify optimism, a sense of humor, forgiveness, intimacy, and love as vital elements in all the healing methods they suggest. Their practical guide has much to offer those who can seriously involve themselves with their approach. William Beatty Copyright © American Library Association. All rights reserved

Robert S. Ivker, D.O., is an assistant clinical professor in the Department of Family Medicine and a clinical instructor in the Department of Otolaryngology at the University of Colorado School of Medicine, and past-president of the American Holistic Medical Association. Todd H. Nelson, N.D., is a widely recognized naturopathic physician and the director of the Tree of Life Wellness Center in Colorado.

I have the orig. paperback ed. and really get good pointers from it so much I got the updated hardcover. I do recommend this volume to headache and chronic pain individuals.

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